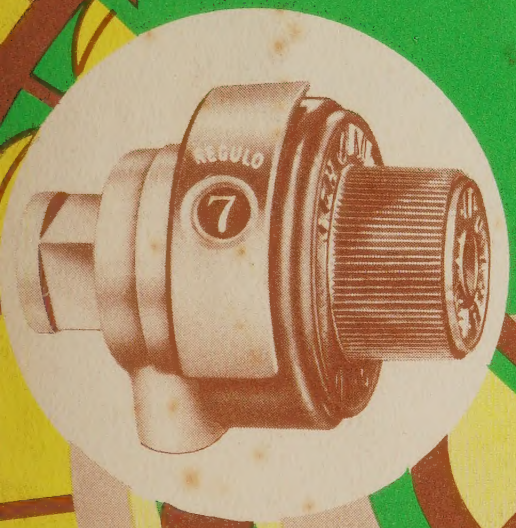
Fancy Breads and Cakes

MADE WITH YEAST & USING REGULO CONTROL



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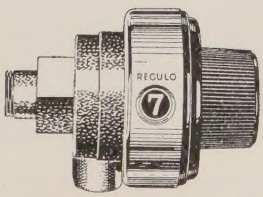
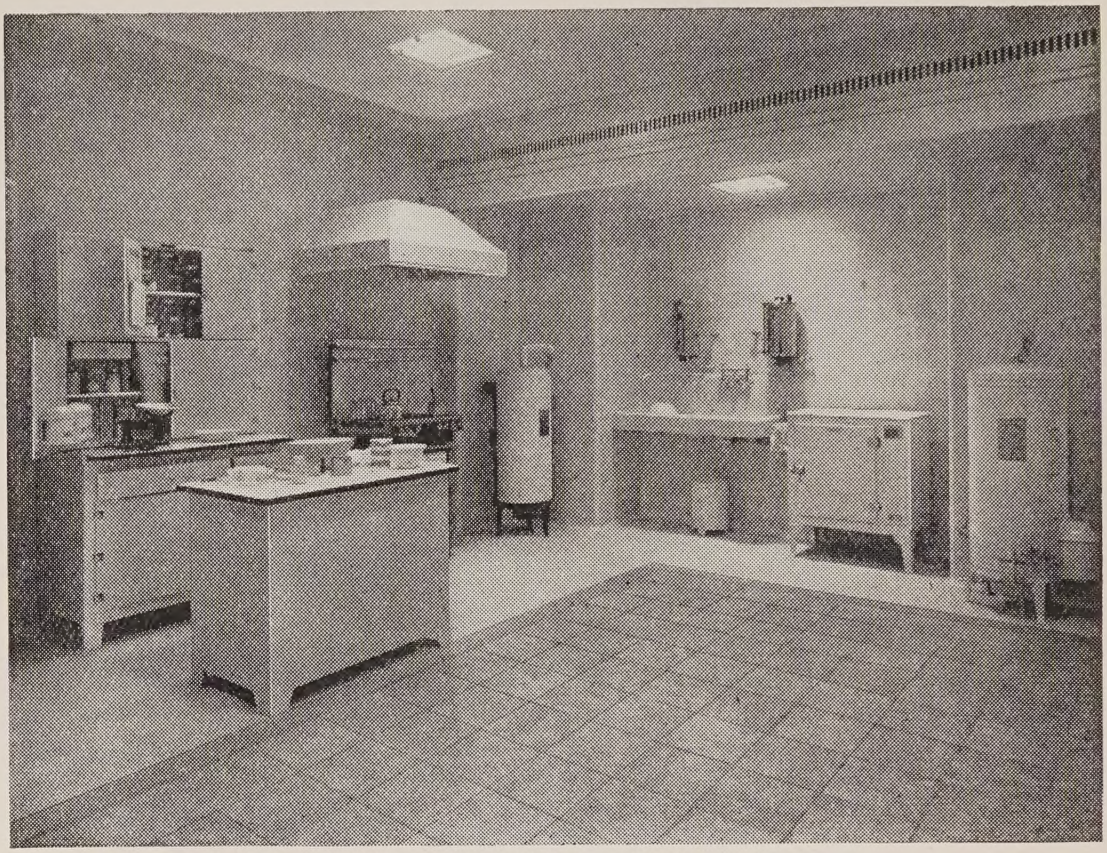
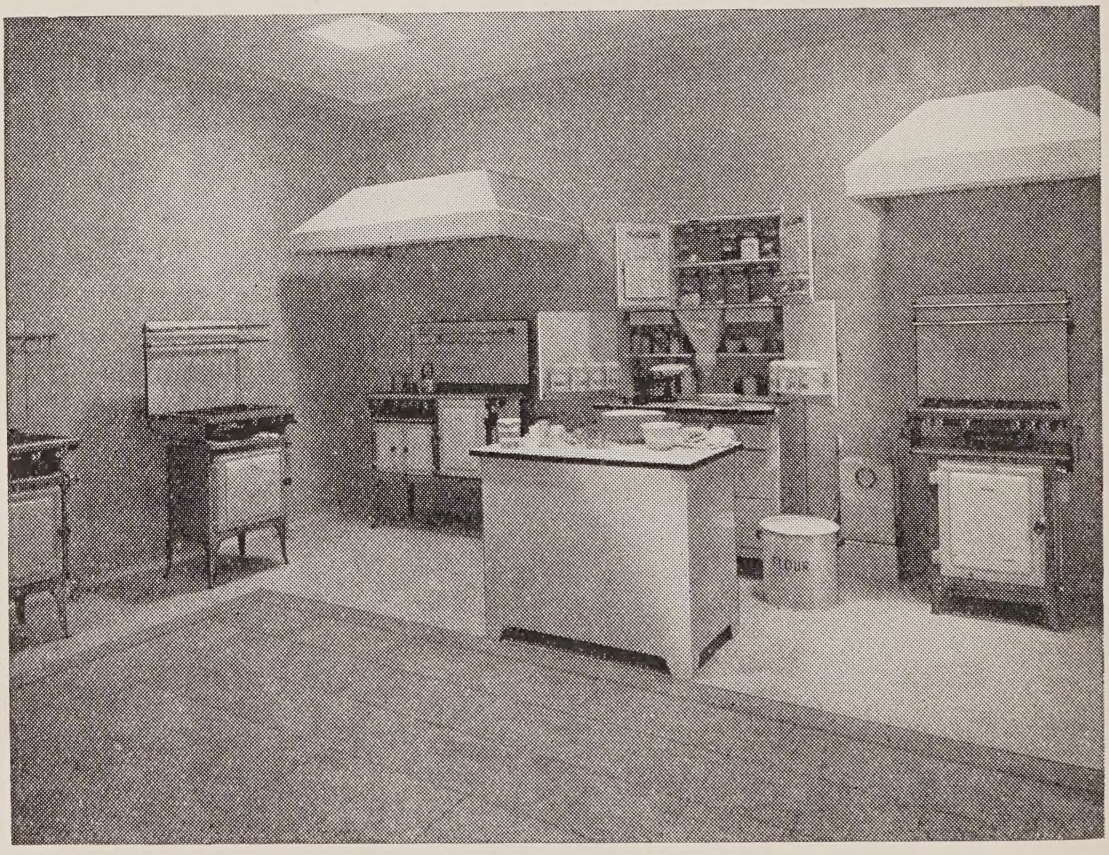
Fancy BREADS AND CAKES WITH YEAST AND THE REGULO

NOT least among the advantages of purchasing a "New World" Regulo-controlled Gas Cooker is the pleasing knowledge of participation in the forward progress of an entirely new cooking technique.

The Radiation Demonstration Kitchen (see page 2) exists to devise new recipes, and new variations of old favourites. The facilities offered by the Regulo oven-heat control are continually broadening the scope of household cooking whilst at the same time eliminating much of the drudgery hitherto associated with work in the kitchen.







Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

Fancy Breads and Cakes with Yeast and the Regulo

Home-made bread will be found particularly satisfactory when baked in the "New World" Oven, as the steam-rich atmosphere assists in producing an attractive brown colour, whilst the "Regulo" ensures that the correct cooking conditions shall be maintained without attention.

Home-made bread, yeast buns and cakes are always very popular and have the advantages of being more nutritious than those sold by the baker, and of keeping moist for a longer time. Bread is usually made in fairly large batches and there are quite a number of breads, buns and puddings which can be made from the foundation dough mixture — so it is well worth while for the housewife to make her own.

This collection of recipes includes a number of fancy breads which will be appreciated by the keen housewife eager to make her tea-table more varied and attractive without undue expense. Each of the recipes in this booklet has been carefully tested in the Radiation Research Kitchen and the most suitable "Regulo" setting is given, together with the time for baking. The time for baking may of course always be slightly varied to suit individual taste.

BREAD MAKING

General Proportions.

To each 1-lb. of flour allow about 1 teaspoonful of salt and about half its weight of luke-warm water.

Allow ½ oz. yeast for 1 lb. flour.
1 oz. ,, 3½ lbs. flour.
2 ozs. ,, 14 lbs. flour.

General Rules.

1. Keep everything warm and mix with the hands.
2. The yeast should smell fresh and be moist in appearance.
3. Fresh yeast quickly forms a liquid when mixed with sugar.
4. When leaving the dough to rise in a warm place, cover with a cloth to exclude draughts.
5. It is unnecessary to wash bread tins after use, and then they need not be greased and floured before using again. Keep tins clean by wiping with soft clean paper.
6. When baking two tiers of bread in the "New World" Oven, better browning is attained underneath the second tier by standing the tins on a hot baking tray. The tray should be placed in the oven to heat on first lighting the gas.
7. When a soft crust is desired on fancy breads and buns, they should be wrapped in a cloth as soon as they are removed from the oven.

Tests when Cooked.

1. Bread should sound hollow when tapped underneath.
2. It should be well risen and a good brown colour.

BREAD — White.

Regulo Settings and times as stated

Ingredients —

$3\frac{1}{2}$ lbs. flour.
1 oz. yeast.
1 teaspoonful castor sugar.
3 teaspoonfuls salt.
$1\frac{1}{2}$ pints warm water. (about).

Method.—Sift the salt with the flour into a large bowl, make a well in the centre. Cream the yeast and sugar together, and stir in about $\frac{3}{4}$ pint warm water. Pour this into the flour, sprinkle over a little flour from the sides of the bowl, cover with a cloth and stand in a warm place for about 20 minutes. Work in all the flour with the hands, adding more warm water as necessary to make into an elastic dough, and knead for 5—10 minutes. Cover the bowl and stand in a warm place for about $1\frac{1}{2}$ hours until the dough has doubled its bulk. Turn on a board and knead lightly, shape into loaves, and put into greased tins, which should be half filled. Stand in a warm place to prove for 15 minutes or longer to allow the dough just to rise to the top of the tins.

To make a 2-lb. loaf put 2 lbs. 4ozs. of dough in the bread tins.

1. Heat the oven for 15 minutes with the "Regulo" at mark 12.

2. Insert the tins of dough into the oven and then turn the "Regulo" head to mark 6.

3. Allow about 1 hour for 2-lb. loaves, reversing the position of the tins after 30 minutes baking.

4. When two tiers are being baked simultaneously, bake the bread for 30 minutes and then turn the loaves round and change the position, putting the upper tins on the lower shelf and vice versa. After a further 30 minutes remove all loaves from the oven.

It will assist in the browning underneath of the bottom loaves if the hot baking tray is used on the lower grid shelf. The tray should be placed in the oven to heat on first lighting the gas.

BREAD — Brown.

Regulo Settings and Times as stated

Ingredients —

2 lbs. wholemeal flour.
2 teaspoonfuls salt.
3 ozs. lard.
1 oz. yeast.
1 teaspoonful castor sugar.
1½ pints warm water (about).

Method.—Mix salt with the flour and rub in the lard. Cream the yeast with the sugar in a small basin, pour on to it about ¾ pint warm water, cover and stand in a warm place about 10 minutes. Pour the yeast, etc., into the flour, mix with the hand, using more warm water to make an elastic dough. Set to rise until the dough has doubled its bulk. Then turn on to a floured board; knead well. Shape into loaves and put into greased or floured tins. Stand in a warm place to prove for 15 minutes or longer to allow the dough just to rise to the top of the tins.

For baking instructions see the previous recipe.

BANNOCKS.

Regulo Setting Mark 6
Time 25 minutes

Ingredients —

1 oz. butter.
½ pint milk (about).
½ oz. yeast.
1 teaspoonful sugar.
1 lb. flour.
1 teaspoonful salt
1 yolk of egg.
2 ozs. sultanas.
1 oz. candied peel.

Method.—Melt the butter, add the milk, and when warm add to the yeast, creamed with the sugar. Set to sponge for 20 minutes. Mix in the sifted flour and salt and the yolk of egg. Set to rise in a warm place for about 1 hour or until the dough has doubled its bulk. Turn on to a floured board and knead well, working in the sultanas and the finely chopped candied peel. Form into two round flat cakes and set to prove in a warm place for about 20 minutes. Bake in the oven for 25 minutes with the "Regulo" at Mark 6.

BATH BUNS.

Regulo Setting Mark 6
Time 20 minutes

Ingredients —

1 lb. flour.
½ teaspoonful salt.
4 ozs. butter.
1 oz. yeast.
4 ozs. sugar.
3 eggs.
Warm milk.
Grated lemon rind.
2 ozs. sultanas.
2 ozs. chopped candied peel.

To make 12 Buns.

Method.—Sift the flour and the salt together and rub in the butter. Cream the yeast with 1 teaspoonful of the sugar and add to the beaten eggs with a little warm milk. Mix with the flour, etc., and beat for 5 minutes. Set in a warm place to rise until the dough has doubled its bulk. Turn on to a floured board and knead well, working in the remaining sugar, lemon rind, sultanas and candied peel. Make the mixture into 12 buns and place on a greased baking tray. Leave in a warm place to prove for 20-30 minutes. Brush over with glaze made by dissolving a little sugar in water, and then sprinkle with coarse sugar. Bake in the oven for 20 minutes with the "Regulo" at Mark 6.

BOLA.

Regulo Setting Mark 4
Time 1 hour

Ingredients —

1 lb. flour.
1 teaspoonful salt.
½ oz. yeast.
1 teaspoonful sugar.
½ pint water.
2 eggs.
½ lb. butter.
1 oz. soft brown sugar.
4 ozs. ground almonds.
½ oz. cinnamon.

For Filling.

¾ lb. candied peel or preserved ginger.
¼ lb. soft brown sugar.
1 oz. cinnamon.

For Syrup.

¼ lb. sugar.
2-3 tablespoonfuls water.
Some of the syrup from the preserved ginger, if used.

Size of cake tin — 7ins. diameter, 3ins. deep.

Method.—Sieve the flour and the salt together and warm. Cream the yeast with 1 teaspoonful sugar and add ½ pint of warm water. Pour this into the middle of the flour and leave to sponge in a warm place for about 15 minutes. Then mix to a dough and leave to rise for about 1 hour, or until the dough has doubled its bulk. Add the beaten eggs, butter (broken into small pieces), sugar, almonds and the cinnamon. Beat well for 45 minutes.

Grease the cake tin and line with a layer of the dough. Put a layer of the filling into the lined tin, then a layer of dough, and continue in layers making the top one a very thin layer of dough. Damp and seal the top edges together. Leave in a warm place to prove for 20—30 minutes. Bake in the oven for 40 minutes with the "Regulo" at Mark 4. Brush the Bola with the hot syrup and then continue baking for a further 20 minutes with the "Regulo" still at Mark 4. Brush again with the syrup and sprinkle with hundreds and thousands.

To Make the Filling. Chop the candied peel or ginger and mix with the cinnamon and brown sugar.

To Make the Syrup. Dissolve the sugar in the water and bring to boiling point. Add the Ginger Syrup and boil for 2 minutes.

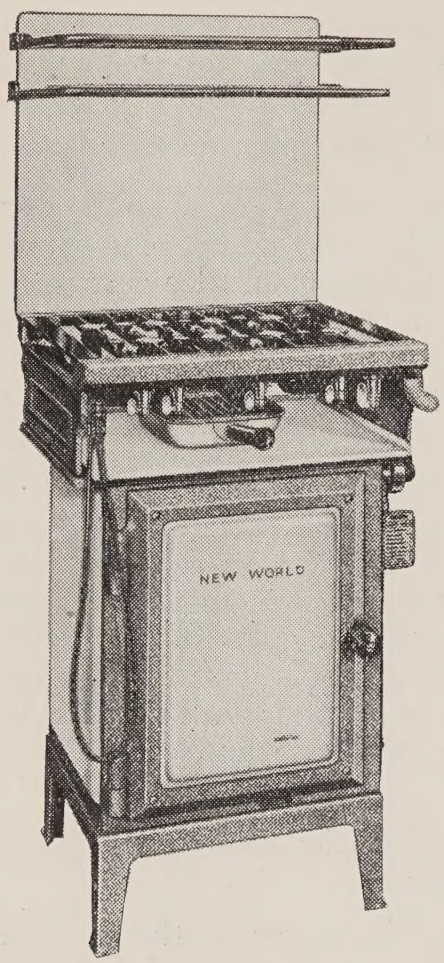
CHELSEA BUNS.

Regulo Setting Mark 6
Time 20 minutes

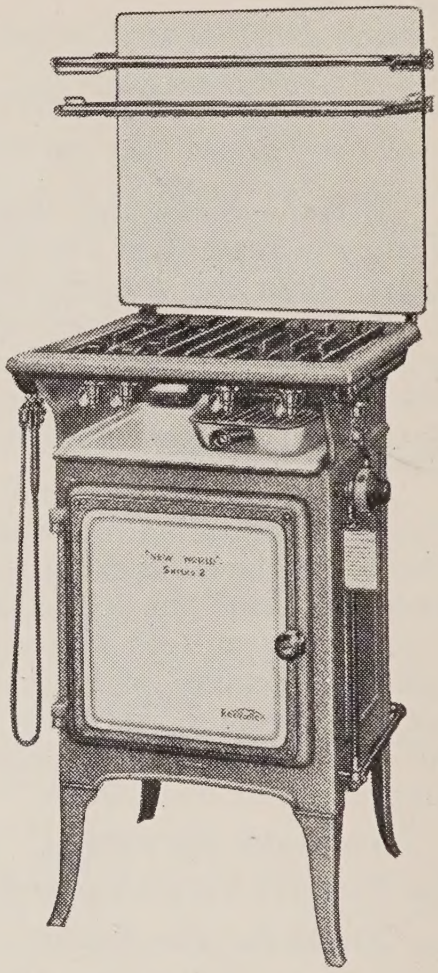
Ingredients —

½ lb. flour.
Salt.
2 ozs. butter or lard.
½ oz. yeast.
2 ozs. sugar.
1 egg.
Milk.
1 oz. chopped candied peel.
1 oz. sultanas.
1 oz. currants.
White of egg } For glaze.
Sugar }

Method.—Sift the flour and the salt together and rub in half the fat. Add the yeast—creamed with 1 teaspoonful of the sugar—the beaten egg and sufficient warm milk to make a dough. Beat well. Set to rise in a warm place until the dough has doubled its bulk. Re-knead and roll into an oblong shape. Spread on half the remaining fat and sugar, fold up and repeat the process, spreading on the remainder of the fat and sugar. Fold again and



NEW WORLD



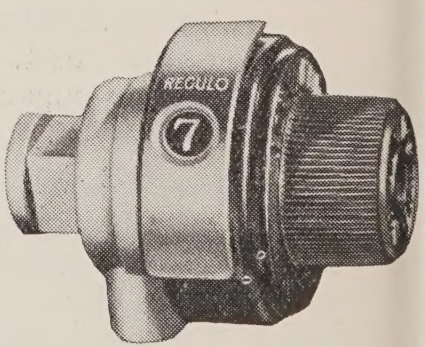
NEW WORLD—Series 2

Additional sizes of the "New World" Cooker have recently been introduced. These additional cookers are known as "New World"—Series 2, and are thus described on the door panel.

The illustrations above show typical examples of the two types.

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo, set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to Mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.



When using the Regulo, always keep the oven tap full on.

roll into a square ¼in. thick. Spread on the fruit and roll up. Cut into slices and place on a greased baking tray with the cut sides uppermost. Leave to prove in a warm place for 20-30 minutes. Brush over with the white of egg and dredge with castor sugar. Bake in the oven for 20 minutes with the "Regulo" at Mark 6.

CRUMPETS.

Ingredients —

¼ lb. raw potatoes.
2 pints water (at blood heat).
2 ozs. yeast.
1 dessertspoonful salt.
Flour as required.

Number of crumpets — 28.

Method.—Peel, boil and pass the potatoes through a sieve. Add the water, yeast and salt and stir to dissolve the yeast. Sift in sufficient flour to mix to a smooth batter, beat well, cover with a cloth and leave to stand in a warm place for 1 hour 30 minutes, beating the batter every half hour.

Well heat a girdle over a full flame, then reduce the flame and grease the girdle with a piece of suet or mutton fat, which can be conveniently held on a fork.

Grease some crumpet rings and stand these on the girdle. Pour some of the batter into each ring to a depth of about a third of an inch. After one or two minutes slip a palette knife under each crumpet to loosen. The crumpets can now be moved easily to ensure even cooking. When set and browned on one side, remove the rings, turn the crumpets and finish cooking without browning on the second side. Lift the crumpets on to a clean cloth to cool.

To Serve.

Toast the crumpets on both sides. Well butter the pale side, cut into halves and pile up on a hot dish. If desired, a little salt may be sprinkled on the buttered crumpets before serving.

DINNER ROLLS.

Regulo Setting Mark 7
Time 15 minutes

Ingredients —

¾ lb. flour.
Salt.
1 oz. butter.
½ oz. yeast.
½ teaspoonful sugar.
1 egg.
¼ pint milk.

Method.—Sift the flour and the salt together and rub in the butter. Cream the yeast with the sugar and add to the beaten egg and warmed milk. Mix altogether. Beat well and set to rise in a warm place until the dough has doubled its bulk. Knead very thoroughly. Make into fancy dinner rolls ; plaits, twists, horse-shoes, etc. Set to prove in a warm place for 15-20 minutes. Brush over with beaten egg. Bake in the oven for 15 minutes with the "Regulo" at Mark 7.

DOUGH CAKE.

Regulo Setting Mark 4
Time 1 hour 15 minutes

Ingredients —

1¾ lbs. flour.
1 teaspoonful salt.
¾ oz. yeast.
6 ozs. sugar.
¾ pint milk.
6 ozs. lard.
6 ozs. butter.
6 ozs. currants.
6 ozs. sultanas.

Two tins — 6½ins. diameter, 3½ins. deep.

Method.—Sift ¾ lb. of the flour and the salt together and warm. Cream the yeast with 1 teaspoonful of the sugar, add to ½ pint of the warm milk and mix with the flour. Beat well and leave to rise in a warm place until the dough has doubled its bulk. Sift the remaining flour, add the remaining sugar and rub in the fat. Turn on to a board and work in the risen dough and the remaining ¼ pint milk. Add the fruit and knead well. Divide the mixture into two portions and place in the greased tins. Prick well and leave to prove in a warm place for about 1 hour, or until the dough reaches three-quarters of the way up the tins.

Bake in the oven for 1 hour 15 minutes with the "Regulo" at Mark 4. Brush over with glaze made by dissolving some sugar in water and bringing to boiling point.

DOUGHNUTS.

Ingredients —

¾ lb. flour.
Salt.
1 oz. butter.
½ oz. yeast.
1½ ozs. sugar.
1 egg.
Warm milk.
Jam.
Sugar.
Cinnamon.

To make 18 Buns.

Method.—Sieve the flour and the salt together and rub in the butter. Cream the yeast and the sugar and add to the flour with the beaten egg and warm milk. Beat well, and set the mixture

to rise in a warm place for about 1½ to 2 hours. Knead and divide into 18 pieces. Re-knead each piece. Form into balls, putting a little jam in the centre of each one. Prove in a warm place for about 15 minutes. Fry in faintly smoking hot fat for 8-10 minutes, drain and toss in sugar, flavoured with cinnamon.

HOT CROSS BUNS.

Regulo Setting Mark 6
Time 20 minutes

Ingredients —

1 lb. flour.
1 teaspoonful salt.
1 level teaspoonful of spice (or less).
2 ozs. butter.
2 ozs. currants.
1 oz. yeast.
1½ ozs. sugar.
½ pint milk (about).

To make 12 Buns.

Method.—Sift together the flour, salt and spice. Rub in the butter and then add the currants. Warm the mixture.

Cream the yeast and the sugar together and add the warm milk. Leave to sponge for about 10 minutes. Mix the flour, etc., with the milk and yeast to form a light dough. Beat well and leave in a warm place to rise until the dough has doubled its bulk. Turn on to a floured board, knead well and divide into 12 portions. Make up into buns, then flatten and mark deeply with a cross. Stand on a floured baking tray in a warm place to prove for about 20 minutes. Bake in the oven for 20 minutes with the "Regulo" at Mark 6. When baked, brush over at once with glaze made by dissolving a little sugar in water.

JAM DUMPLINGS.

Regulo Setting Mark 6
Time 25 minutes

Ingredients —

½ lb. flour.
½ teaspoonful salt.
½ oz. yeast.
1 oz. sugar.
¼ pint milk.
1½ ozs. butter.
1 egg.
1 oz. butter.
½ pint milk.
1 oz. sugar.
} For Sauce.

To make 12 Dumplings.

Method.—Sift the flour and the salt together and make a hole in the centre. Cream the yeast with the sugar, add the warm milk and pour into the centre of the flour. Cover with a little of the flour and leave in a warm place to sponge for about 20 minutes. Mix altogether, working in the fat and the beaten egg and beat until the mixture leaves the hands cleanly. Form into 12 balls.

Place these on a greased baking tray and set to rise in a warm place until they have nearly doubled their bulk. Place carefully in a greased pie-dish, pour over the boiling sauce and bake in the oven for 25 minutes with the "Regulo" at Mark 6. Serve with jam.

To Make the Sauce. Melt the butter in the milk, add the sugar and bring to boiling point.

JULEKAGE.

Regulo Settings as stated below. Time 35 minutes

Ingredients —

1 oz. yeast.
2 ozs. sugar.
2 eggs.
1 lb. flour.
1 teaspoonful cinnamon.
1 teaspoonful salt.
2-4 ozs. butter.
Milk.
3 ozs. raisins.
2 ozs. chopped candied peel (optional).
3 ozs. mixed chopped nuts.

Size of Meat Tin—10ins. by 8ins.

Method.—Cream the yeast with 1 teaspoonful of the sugar. Mix the eggs and the remaining sugar and beat well. Sift the flour, cinnamon and the salt together. Add the butter broken up into very small pieces, the raisins, peel and the chopped nuts. Add the yeast, eggs and sufficient warm milk to form a bread dough and beat well. Leave in a warm place to rise for 3 or 4 hours, or until the mixture has doubled its bulk. Turn on to a floured board. Knead well and put in a greased meat tin. Leave in a warm place to prove for about 20-30 minutes. Set the "Regulo" at Mark 12 and heat the oven for 15 minutes. Put the Julekage in the oven, turn the "Regulo" to Mark 5, and bake for 35 minutes at Mark 5.

MILK BREAD.

Regulo Setting Mark 6 Time 25 minutes

Ingredients —

½ oz. yeast.
1 teaspoonful sugar.
¾ pint warm milk (about).
1½ lbs. flour.
1 teaspoonful salt.
2 ozs. butter.

Method.—Cream the yeast with the sugar, cover with warm milk and set in a warm place for 20 minutes. Sift the flour and the salt together and rub in the butter. Make a well in the centre, pour in the yeast, etc., and add sufficient milk to make a dough. Knead this well and leave in a warm place to rise until the dough has doubled its bulk. Knead lightly, divide into equal size pieces, shape into small rolls, place on greased baking trays and leave in a warm place to prove for about 15 minutes. Brush over with milk and bake in the oven for 25 minutes with the "Regulo" at Mark 6.

TO MAKE CURRANT LOAVES.

Regulo Setting Mark 6
Time 40 minutes

Prepare the dough as above. Add 2-4 ozs. currants and 1 oz. finely chopped candied peel. Make the mixture into two loaves and bake in bread tins for 40 minutes with the "Regulo" at Mark 6.

NUT RING.

Regulo Setting Mark 6
Time 25 minutes

Ingredients —

1 lb. flour.
1 teaspoonful salt.
2 ozs. butter.
½ oz. yeast.
4 ozs. sugar.
1 egg.
⅓ pint warm milk (about).
2 ozs. blanched almonds.
2 ozs. chopped walnuts.
Icing sugar.
White of egg.

Method.—Sift the flour and the salt together. Rub in the butter. Cream the yeast with 1 teaspoonful of the sugar and add the rest of the sugar to the flour. Beat the egg and mix altogether, adding sufficient warm milk to form a bread dough. Leave in a warm place to rise until the dough has doubled its bulk. Re-knead, working in the chopped nuts. Divide the mixture into 3 pieces, form each piece into a long roll and flatten slightly with the hand. Plait the three pieces together and then form into a circle.

Place on a greased baking tray and leave in a warm place to prove for about 30 minutes. Bake in the oven for 15 minutes with the "Regulo" at Mark 6. Remove from the oven and brush over with some icing sugar moistened with a little beaten white of egg. Return to the oven and continue baking for a further 10 minutes with the "Regulo" still at Mark 6.

PETITS BABAS.

Regulo Setting Mark 7
Time 15 minutes

Ingredients —

½ oz. yeast.
1 teaspoonful sugar.
⅛ pint milk.
½ lb. flour.
½ teaspoonful salt.
3 eggs.
4 ozs. shredded almonds.
4 ozs. butter.

¾ lb. loaf sugar
1½ pints water.
Sugar to flavour.
Rum.
} For Rum Syrup.

Method.—Cream the yeast with the sugar and add to the warm milk. Sift the flour and the salt together, make a hole in the centre and pour in the yeast. Set to rise in a warm place until the yeast becomes frothy. Add the eggs and the melted butter gradually,

beating with the hand for 15 minutes. Lastly add 2 ozs. of the shredded almonds. Half fill some dariol moulds which have been well greased and coated with the remainder of the shredded almonds. Leave to prove in a warm place until the mixture is nearly to the top of the tins. Bake in the oven for 15 minutes with the "Regulo" at Mark 7. Turn out, prick well and soak with the hot Rum Syrup. These may be served hot or cold.

To Make the Syrup. Dissolve the sugar in the water. Bring to boiling point and boil until the bulk is reduced to half. Add the rum to taste.

POPPY SEED TWISTS.

Regulo Setting Mark 7
Time 15 minutes

Ingredients —

1 lb. flour.
1 teaspoonful salt.
1 oz. butter.
½ oz. yeast.
1 teaspoonful sugar.
Warm milk.
White of egg.
Poppy seeds.

Number of Twists — 12.

Method.—Sift the flour and the salt together and rub in the butter. Cream the yeast and the sugar and mix with a little warm milk. Add to the flour with sufficient warm milk to form a bread dough. Knead well. Leave to rise in a warm place until the dough has doubled its bulk. Re-knead and form into 12 twists. Leave to prove for 15-20 minutes. Brush over with the white of egg and sprinkle with poppy seeds. Bake in the oven for 15 minutes with the "Regulo" at Mark 7.

RAISIN BREAD.

Regulo Setting Mark 6
Time 1 hour

Ingredients —

1¾ lbs. flour.
Salt.
4 ozs. lard.
1 oz. yeast.
1 teaspoonful sugar.
4 tablespoonfuls syrup.
Milk.
1 lb. raisins.

Method.—Sift the flour and the salt together. Rub the lard into the flour. Cream the yeast with the sugar. Warm the syrup and mix with some warm milk. Mix the flour, yeast, milk and syrup together to form a bread dough. Beat well. Set to rise in a warm place for about 2½ hours or until the dough has doubled its bulk. Re-knead, working in the raisins, and divide into two loaves. Place in bread tins and prick. Set to prove in a warm place until the dough nearly reaches the top of the tins and then bake in the oven for 1 hour with the "Regulo" at Mark 6.

SAFFRON CAKE.

Regulo Setting Mark 4
Time 1 hour 15 minutes

Make as for Dough Cake (see page 10), with the following alterations.

Dry and powder two pinches of saffron and infuse in ¼ pint hot water. Add to the dough in place of the last ¼ pint of milk.

SALLY LUNNS.

Regulo Setting Mark 6
Time 20 minutes

Ingredients —

¾ lb. flour.
½ teaspoonful salt.
1½ ozs. butter.
½ oz. yeast.
1½ ozs. sugar.
1 egg.
Milk.
Melted butter.

Two tins — 5ins. diameter, 2½ ins. deep.

Method.—Sift the flour and the salt together and rub in the fat. Cream the yeast with the sugar and mix with the flour, beaten egg and sufficient warm milk to form a soft bread dough. Knead thoroughly. Divide the mixture in two equal portions and place in the greased tins. Set in a warm place to rise until the mixture reaches the top of the tins. Bake in the oven for 20 minutes with the "Regulo" at Mark 6. Brush over whilst hot with melted butter.

SCHNËCKEN.

Regulo Setting Mark 7
Time 15 minutes

Ingredients —

½ oz. yeast.
1 teaspoonful sugar.
⅛ pint milk.
½ lb. flour.
Salt.
3 eggs.
¼ lb. butter.
1 oz. grated chocolate.
Glacé icing.

To make 12 — 14 buns.

Method.—Cream the yeast with the sugar and add to the warmed milk. Sift the flour and salt together. Make a hole in the centre and pour in the yeast and milk. Leave until the yeast becomes frothy. Add the beaten eggs and melted butter and beat with the hand for 15 minutes. Divide the mixture into 12-14 portions. Roll each portion into a long narrow strip and sprinkle with a little grated chocolate. Roll up and place in small greased tins with ends uppermost. Leave in a warm place to prove until the mixture reaches well up to the top of the tins. Bake in the oven for 15 minutes with the "Regulo" at Mark 7. When cool coat with white glacé icing.

N.B. Individual Custard tart tins are quite suitable for these buns.

TEA CAKES.

Regulo Setting Mark 6
Time 20 minutes

Ingredients —

1 lb. flour.
1 teaspoonful salt.
1 oz. butter.
½ oz. yeast.
1 teaspoonful sugar.
½ pint milk (about).

To make 6 Tea Cakes.

Method.—Sift the flour and the salt together and rub in the butter. Cream the yeast with the sugar, add some of the warm milk and leave in a warm place to sponge for about 15 minutes. Add to the flour with sufficient warm milk to form a soft dough, beat well and leave to rise in a warm place until the dough has doubled its bulk. Divide into 6 portions, knead each portion into a round cake, flatten and place on to baking trays. Prick with a fork and leave in a warm place to prove for about 15 minutes. Bake in the oven for 20 minutes with the "Regulo" at Mark 6.

YEAST PASTRY.

Ingredients —

½ lb. white bread dough. 3 ozs. butter. 3 ozs. lard.

Method.—Roll the dough into an oblong shape and spread a quarter of the fat down two-thirds of the oblong. Fold up in three from the ungreased end. Turn the dough half-way round and press the edges together. Repeat the process four times in all. Wrap the dough in greased paper and then in a cloth and leave in a cool place overnight. Roll out and cut into the shapes required. Leave in a warm place to prove for 15-30 minutes before baking.

Yeast pastry may be used as a substitute for Flaky Pastry, e.g. :— Eccles Cakes, Sausage Rolls, etc.

ECCLES CAKES.

Regulo Setting Mark 7
Time 20 minutes

Ingredients —

½ lb. yeast pastry.
2 ozs. Demerara sugar.
2 ozs. butter.
4 ozs. currants.
2 ozs. mixed peel.
⅛ teaspoonful mixed spice.

Method.—Roll out the pastry to ¼ inch in thickness, stamp into rounds with a cutter 4-inches in diameter. Warm the sugar, butter, currants, finely chopped peel and the spice. Put a teaspoonful of the mixture in the centre of each round of pastry, wet the edges, draw together and seal in the centre. Turn over, roll out to the required size and make 2 or 3 cuts down the middle. Leave in a warm place to prove for 15-30 minutes. Brush over with white of egg and dredge with castor sugar. Bake in the oven for 20 minutes with the "Regulo" at Mark 7.

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